

**WHAT IS CLAIMED IS:**

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1. An insert removably provided within a fiber optic cable management tool having at least one arcuate portion, comprising:

at least one curved member having a curved portion that forms a channel with the at least one arcuate portion of the fiber optic cable management tool, the channel having a radius that exceeds the minimum bend radius of a fiber optic cable to be provided in the fiber optic cable management tool.

2. An insert as recited in claim 1, wherein the channel has a radius that exceeds the minimum bend radius of a fiber optic cable having a diameter less than or equal to 1.7 millimeters.

3. An insert as recited in claim 1, wherein the channel formed by the curved portion of said at least one curved member and the arcuate portion of the fiber optic cable management tool has a smaller width than a channel provided in the fiber optic cable management tool.

4. An insert as recited in claim 1, wherein the channel formed by the curved portion of said at least one curved member and the arcuate portion of the fiber optic cable management tool changes orientation of the fiber optic cable to be provided in the fiber optic cable management tool.

5. A fiber optic cable guiding insert, comprising:  
a first curved member having first and second curved portions, the first curved portion of said first curved member having a radius that exceeds a minimum bend radius of a fiber optic cable

4 to be guided by the insert;

5 a second curved member having first and second curved portions, the first curved  
6 portion of said second curved member having a radius that exceeds the minimum bend radius of the  
7 fiber optic cable; and

8 a third curved member having first and second curved portions, wherein the second  
9 curved portion of said first curved member and the first curved portion of said third curved member  
10 form a first channel having a radius that exceeds the minimum bend radius of the fiber optic cable, and  
11 the second curved portion of said second curved member and the second curved portion of said third  
12 curved member form a second channel having a radius that exceeds the minimum bend radius of the  
fiber optic cable.

6. A fiber optic cable guiding insert as recited in claim 5, wherein said first, second, and  
third curved members are integrally connected.

7. A fiber optic cable guiding insert as recited in claim 5, wherein the first curved portion  
of said first curved member, the first curved portion of said second curved member, and the first and  
second channels have radii that exceed the minimum bend radius of a fiber optic cable having a  
diameter less than or equal to 1.7 millimeters.

8. A fiber optic cable guiding insert, comprising:  
at least one curved member having first, second, and third curved portions, the first,  
second, and third curved portions having radii that exceed a minimum bend radius of a fiber optic cable

4 to be guided by the insert.

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1 9. A fiber optic cable guiding insert as recited in claim 8, wherein the first, second, and  
2 third curved portions have radii that exceed the minimum bend radius of a fiber optic cable having a  
3 diameter less than or equal to 1.7 millimeters.

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1 10. A fiber optic cable management system, comprising:  
2 at least one fiber optic cable management tool having a base portion, at least one  
3 arcuate portion disposed on the base portion, and a protruding member extending from the base  
4 portion to permit manual grasping of said at least one fiber optic cable management tool; and  
5 at least one insert removably provided within said at least one fiber optic cable  
6 management tool and having at least one curved member having a curved portion that forms a  
7 channel with the at least one arcuate portion of said at least one fiber optic cable management tool,  
8 the channel having a radius that exceeds the minimum bend radius of a fiber optic cable to be  
9 provided within the channel.  
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1 11. A fiber optic cable management system as recited in claim 10, wherein the channel  
2 has a radius that exceeds the minimum bend radius of a fiber optic cable having a diameter less than  
3 or equal to 1.7 millimeters.

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1 12. A fiber optic cable management system as recited in claim 10, wherein the channel  
2 formed by the curved portion of said at least one curved member and the arcuate portion of said at

3 least one fiber optic cable management tool has a smaller width than a channel provided in said at  
4 least one fiber optic cable management tool.

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1 13. A fiber optic cable management system as recited in claim 10, wherein the channel  
2 formed by the curved portion of said at least one curved member and the arcuate portion of said at  
3 least one fiber optic cable management tool changes orientation of the fiber optic cable to be  
4 provided in said at least one fiber optic cable management tool.

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1 14. A method of reducing a width of a channel provided in a fiber optic cable  
management tool, comprising  
providing an insert within the fiber optic cable management tool, the insert having at  
least one curved member having a curved portion that reduces the width of the channel provided in  
the fiber optic cable management tool, the reduced-width channel having a radius that exceeds the  
minimum bend radius of a fiber optic cable to be provided within the reduced-width channel.

1 15. A method of reducing a width of a channel provided in a fiber optic cable  
2 management tool as recited in claim 14, wherein the reduced-width channel has a radius that exceeds  
3 the minimum bend radius of a fiber optic cable having a diameter less than or equal to 1.7  
4 millimeters.

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1 16. A method of reducing a width of a channel provided in a fiber optic cable  
2 management tool as recited in claim 14, wherein the reduced-width channel may retain a fiber optic

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cable having a diameter less than or equal to 1.7 millimeters.

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